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United States Department of the Interior, Fred A. Seaton, Secretary
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PACIFIC COAST SHRIMP RECIPES

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From the inshore waters of Alaska, and the coastal waters of Washington, Oregon, and California, fishermen harvest shrimp which tempt and tantalize the palate of the average man as well as the gourmet. These shrimp are relatively small in size. When cooked, they are light orange-red in color and have a delicate flavor. Prized as a cocktail and salad shrimp, they are often overlooked as an excellent source of high-quality protein, minerals, and vitamins for hearty main dishes.

Of the numerous species of Pacific Coast shrimp, five are of major commercial importance. They are: pink, side-stripe, humpy, spot or prawn, and coon-stripe. The first three comprise the bulk of the catch.

With the exception of a few markets close to the fishing grounds, Pacific Coast shrimp are not marketed raw, but are processed and sold cooked in the shell or as cooked meat. One pound of raw shrimp will yield approximately 1 cup of cooked peeled shrimp, weighing about 4 ounces.

Special handling is necessary to preserve the form and quality of these shrimp, as they are very small, running 60 to 150 to the pound. Through modern processing methods, the industry offers the homemaker an economical, ready-to-eat shrimp of superior quality.

Upon arrival at the processing plant the shrimp are immediately cooked and cooled. Then they are peeled, washed, and placed in a salt solution. Some processors give the shrimp a short second cook to improve the color and texture. To ensure removal of shell fragments, the meat is put through a mechanical cleaning machine before being taken to the packing room.

Most of the cooked shrimp is marketed frozen in 4-ounce, 1-pound, and 5-pound vacuum cans. The larger pack is usually purchased by retail fish dealers who thaw the shrimp and market it as "fresh cooked shrimp".

Pacific Coast shrimp may be used in any recipe calling for cooked shrimp. Recipes prepared with these small whole shrimp are unusually attractive and colorful as well as delicious and satisfying.

SHRIMP COCKTAIL

1/2 pound cooked shrimp

Lettuce

Cocktail sauce

Lemon wedges

Arrange lettuce in 6 cocktail glasses. Place shrimp on lettuce; cover with cocktail sauce. Garnish with lemon wedges. Serves 6.

COCKTAIL SAUCE I

1/2 cup catsup

2 tablespoons lemon juice

1 tablespoon grated onion

2 tablespoons mayonnaise or salad dressing

1 teaspoon Worcestershire sauce

1/4 teaspoon salt

Dash pepper

Combine all ingredients and chill. Serves 6.

SHRIMP COCKTAIL

1/2 pound cooked shrimp

Lettuce

Cocktail sauce

Lemon wedges

Arrange lettuce in 6 cocktail glasses. Place shrimp on lettuce; cover with cocktail sauce. Garnish with lemon wedges. Serves 6.

COCKTAIL SAUCE II

3/4 cup chili sauce

1/4 cup finely chopped celery

1 tablespoon lemon juice

1 tablespoon horseradish

1/2 teaspoon salt

Combine all ingredients and chill. Serves 6.

SHRIMP LOUIS

3/4 pound cooked shrimp

1 head lettuce

2 tomatoes, sliced

3 hard-cooked eggs, sliced

Louis Dressing

Shred lettuce and place in a large shallow salad bowl. Arrange shrimp over the lettuce. Around the edge place alternate slices of tomatoes and eggs. Spread Louis Dressing over shrimp. Serves 6.

LOUIS DRESSING

1 cup mayonnaise or salad dressing

3 tablespoons catsup

1 tablespoon chopped onion

2 tablespoons chopped sweet pickle

Combine all ingredients and chill. Serves 6.

SHRIMP AND PINEAPPLE SALAD

3/4 pound cooked shrimp

1 head lettuce

1 can (1 pound 4 ounces) diced pineapple, drained

1 cup chopped celery

1/4 cup mayonnaise or salad dressing

Shred lettuce and place in a large shallow salad bowl. Combine shrimp, pineapple, celery, and mayonnaise. Place on lettuce. Serves 6.

SHRIMP NEWBURG

3/4 pound cooked shrimp

1/4 cup butter or other fat

2 tablespoons flour

1/2 teaspoon salt

Dash nutmeg

Dash cayenne pepper

1/2 teaspoon paprika

1½ cups coffee cream

3 egg yolks, beaten

2 tablespoons sherry

Toast points

Melt butter; blend in flour and seasonings. Add cream gradually and cook until thick and smooth, stirring constantly. Stir a little of the hot sauce into egg yolks; add to remaining sauce, stirring constantly. Add shrimp; heat. Remove from heat and slowly stir in sherry. Serve immediately on toast points. Serves 6.

SHRIMP CREOLE

1 pound cooked shrimp

1/4 cup chopped onion

1/4 cup chopped green pepper

1 clove garlic, finely chopped

1/4 cup butter or other fat, melted

3 tablespoons flour

1 teaspoon chili powder

Dash pepper

1 teaspoon salt

1 can (16 ounces) tomatoes

Rice ring

Cook onion, green pepper, and garlic in butter until tender. Blend in flour and seasonings. Add tomatoes and cook until thick, stirring constantly. Add shrimp; heat. Serve in a rice ring. Serves 6.

FILIPINO SHRIMP CURRY

3/4 pound cooked shrimp

1/2 cup chopped onion

1/4 cup butter or other fat, melted

1/4 cup flour

1 teaspoon salt

Dash pepper

1-3/4 cups chicken broth or bouillon

1-1/2 teaspoons curry powder

1/2 cup applesauce

3 cups cooked rice

Curry Condiments

Cook onion in butter until tender. Blend in flour, salt, and pepper. Add broth gradually and cook until thick, stirring constantly. Add curry powder, applesauce, and shrimp; heat. Serve on rice with any of the following Curry Condiments. Serves 6.

CURRY CONDIMENTS

Chopped hard-cooked egg whites

Sieved hard-cooked egg yolks

Chopped salted peanuts

Chopped green onion tops

Chopped tomatoes

Chutney

Freshly grated coconut

SHRIMP FONDUE

1/2 pound cooked shrimp

8 slices white bread

2 tablespoons butter or margarine

3 tablespoons chopped green pepper

1 cup grated cheese

3 eggs

1/4 teaspoon powdered mustard

1 teaspoon salt

Dash pepper

2½ cups milk

Paprika

Remove crusts from bread and butter bread. Place 4 slices in a well-greased baking pan, 8 x 8 x 2 inches. Cover with a layer of shrimp, green pepper, and half of the cheese. Top with remaining slices of buttered bread and cheese. Combine eggs, mustard, salt, and pepper; beat with a rotary egg beater. Add milk; pour over sandwiches. Sprinkle with paprika. Bake in a slow oven, 325° F., for approximately one hour or until fondue is firm in the center. Serves 6.

SHRIMP PIE

3/4 pound cooked shrimp

1 chicken bouillon cube

1 cup boiling water

1 can (10½ ounces) condensed mushroom soup

3 tablespoons chopped onion

1/4 cup chopped green pepper

1/2 cup chopped celery

1/4 cup butter or other fat, melted

1/3 cup flour

3/4 teaspoon salt

2 cups pastry mix

1 tablespoon milk

Dissolve bouillon cube in boiling water. Add soup, stirring until smooth. Cook onion, green pepper, and celery in butter until tender. Blend in flour and salt. Add bouillon-soup mixture gradually and cook until thick, stirring constantly. Add shrimp; heat. Prepare pastry mix as directed. Roll a little more than half of dough very thin and cut into 6 circles, 5 inches each. Line 6 individual 4-inch pie pans with pastry. Fill with shrimp mixture. Roll remaining dough. Cut into 6 circles, 4 inches each. Moisten edges of lower crusts. Place top crusts over shrimp mixture. Seal edges and prick tops. Brush with milk. Bake in a very hot oven, 450° F., for 20 minutes or until brown. Serves 6.

The following recipes from the Bureau's publication How to Cook Shrimp were tested using Pacific Coast shrimp with excellent results.

Shrimp Canapes

Shrimp Bisque

Shrimp Salad

Shrimp Mousse

Shrimp in Tomato Aspic

Shrimp Jambalaya

Shrimp Thermidor

Shrimp Wiggle

Shrimp au Gratin

Shrimp Casserole

Shrimp a la King

How to Cook Shrimp is Test Kitchen Series No. 7 of the Fish and Wildlife Service, United States Department of the Interior, and may be obtained from the Superintendent of Documents, Government Printing Office, Washington 25, D. C., for 15 cents a copy.

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